

# NEW YORK APPLE SMOOTHIE

*A delicious treat for kids and adults alike!*

## Ingredients

- 1 cup applesauce
- 1 cup apple cider
- 1 cup vanilla nonfat yogurt
- 1 cup crushed ice
- 1 tablespoon(s) maple syrup
- 1 pound(s) fresh apple wedge
- 1 dash(es) Cinnamon

## Directions

1. Mix all ingredients in blender and serve immediately.
2. Sprinkle cinnamon on top and put an apple wedge on the edge of the glass.

**NOTE:** for smaller portion cut ingredients down accordingly –

½ cup applesauce  
½ cup apple cider  
½ cup vanilla nonfat yogurt  
½ cup crushed ice  
1 ½ teaspoons maple syrup  
½ pound fresh apple wedge  
1 dash Cinnamon